



DEPARTMENT OF THE INTERIOR
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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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AUGUST IS SANDWICH TIME

What is America's favorite food? The sandwich! According to a recent survey, we eat an estimated 27 million daily.

Sandwiches are largely "out of hand" foods. But even if they lead a "hand to mouth" existence, sandwiches range from plain to the most glamorous, exotic and often secret concoctions of famous chefs. They come hot or cold, toasted or plain, single or multiple deck, alone or in combination. Everyone has a favorite and the home economists of the Fish and Wildlife Service are no exception. Here is one which they recommend highly.

Hot Ocean Perch Sandwiches

- 1 pound ocean perch fillets
- 1 egg, beaten
- $\frac{1}{2}$ teaspoon salt
- Dash pepper
- $\frac{1}{2}$ cup dry bread crumbs
- 6 finger rolls
- 2 tablespoons pickle relish
- $\frac{1}{2}$ cup chopped onion
- 3 tablespoons mayonnaise or salad dressing
- 1 tablespoon prepared mustard
- 6 slices tomatoes, cut in half
- $\frac{1}{4}$ teaspoon salt
- Dash pepper

Combine egg, salt, and pepper. Dip fish in egg and roll in crumbs. Place fish in a heavy frying pan which contains about one-eighth inch of fat, hot but not smoking. Fry at a moderate heat. When fish is brown on one side, turn carefully and brown on other side. Cooking time is about 10 minutes, depending on thickness of fish. Drain on absorbent paper.

Cut rolls in half, and remove some of the soft inside center. Combine relish, onion, mayonnaise, and mustard; spread on rolls. Place fried fish on rolls, top with tomatoes, and sprinkle with salt and pepper. Replace tops. Wrap each sandwich in wax paper. Heat in a moderate oven, 350° F., for 10 to 12 minutes or until heated through. Serve hot. Serves 6.

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